

Safe Sleep Practices

Babies are Dying Unnecessarily – Know What Safe Sleep Looks Like

Every year in the United States, approximately 3600 infants die as a result of unsafe sleep practices like bed-sharing, use of soft bedding, and stomach sleep position. Sudden Infant Death Syndrome (“SIDS”) is the leading cause of death among infants between 1 month and 1 year old. Most babies who die of SIDS appear healthy prior to death.

NO BED SHARING

NO PILLOWS, BLANKETS, LOOSE BEDDING, STUFFED ANIMALS, SLEEP POSITIONERS, OR PADDED BUMPERS IN SLEEP AREA

FIRM SLEEP SURFACE

ON BACK

NOTHING COVERING FACE

NO SMOKING NEAR BABY

DON'T OVERHEAT OR OVERDRESS

Presented by the Middlesex County Child Fatality Review Team